

Halifax metro

FOCUS ON MMIW

**'PLEASE
— PLEASE
SEE THIS
THROUGH'**

Day 1 of the
national inquiry
metroNEWS

Your essential daily news | WEDNESDAY, MAY 31, 2017

High 10°C/Low 8°C Mostly cloudy

Nova Scotia  Votes



LIBERALS TAKE IT

But Stephen McNeil has fewer
seats as his Liberals now face a
much stronger opposition

metroNEWS

Full results, metroNEWS.ca

The premier leaves after voting
at the community centre in
Granville Centre, N.S. on Tuesday.
THE CANADIAN PRESS



"I love helping women and youth during their time of need."

Take our Child and Youth Care program and work
with troubled children, youth and young adults
to overcome problems such as substance abuse,
criminal activity, emotional and behavioural issues,
gender issues, and conflict with others.

Complete a 2 year diploma in just 14 months.

**Apply now to
Start this Fall!**

SC Success College
Get Ready.

800 Sackville Dr., Lower Sackville, NS, B4E 1R8

Tiffany Miller, Child & Youth Care Graduate, 2016

successcollege.ca 902.865.8283

McNeil gets second chance

ELECTION

Liberals say they must 'react strongly' to drop in support

Nova Scotia voters gave Premier Stephen McNeil a second shot at governing on Tuesday, handing his Liberals an election victory after a term marked by two balanced budgets, labour strife and a rising chorus of complaints about an overburdened health-care system.

It wasn't immediately clear if it was to be a second majority government — or a reduced minority.

Three hours after the polls closed, the Liberals were elected or leading in 24 ridings, the Tories were elected or leading in 18 and the NDP were elected or leading in nine ridings.

At least 26 seats are needed for a majority. There were tight races across the prov-



Supporters of Nova Scotia Conservative Leader Jaime Baillie watch polling results at Baillie's headquarters on election night on Tuesday. DARREN CALABRESE/THE CANADIAN PRESS

ince, with Jamie Baillie's Conservatives making a strong showing.

Party supporters at McNeil's election headquarters

in Bridgetown cheered as the Liberals were declared the victors. However, party president John Gillis said it was clear the voters had sent the Liberals

a message about the state of health care in the province.

"Health care was a big issue for many Nova Scotians," he said. "It certainly made an



Stephen McNeil METRO FILE

impact in some areas, particularly in Cape Breton. As the government, majority or minority, we must face that and we must react strongly to it."

At dissolution, the Liberals held 34 seats in the 51-seat legislature, the Progressive Conservatives had 10 and the NDP five. There was one Independent and one seat was vacant.

McNeil, the former owner of an appliance repair business in the Annapolis Valley, was re-elected in his riding of Annapolis, while Baillie took his northern Nova Scotia riding of Cumberland South. Burrill won his seat, Halifax Chebucto, the riding he chose to contest after winning the party leadership last year without a seat.

When the 30-day campaign began, the Liberals held a comfortable lead in the polls, as they had for much of their mandate. But the gap narrowed slightly as Baillie repeatedly complained about doctor shortages, emergency room closures and a lack of mental-health services.

The McNeil government was also under fire early in its mandate for a series of cuts to seniors' long-term care and public service organizations, including cutbacks to non-profit groups serving those with hearing loss, eating disorders and epilepsy.

THE CANADIAN PRESS

CELEBRATE RECREATION DAY

Events on Saturday, June 3, & Sunday, June 4

Try Drum Fit, wheelchair basketball, Bocci and more at the Emera Oval. Climb a rock wall or bungee jump at the Sackville Sports Stadium. Ride a bike or play games in the street in downtown Dartmouth.

There are a variety of FREE programs and activities happening throughout the region.

Get out and get active today and every day!





Burrill, party thrilled with his election victory

POLITICS

New Democrats once again have a seat in the legislature



Yvette d'Entremont
Metro | Halifax

Although it was a bit of a see-saw as the poll results started coming in, NDP leader Gary Burrill defeated Liberal incumbent Joachim Stroink to gain the Halifax Chebucto seat for his party.

Around 10 p.m. the room at the Marriott hotel where the New Democratic Party was hosting its anticipated celebration exploded with excitement when Burrill was declared elected in his riding.

"The riding that has been served so profoundly well over the years by Alexa McDonough and Howard Epstein has been returned to the New Democrat-

ic Party," he said in his victory speech to loud cheers.

The NDP leader also addressed the issue of a possible minority government. At press time, it was unclear whether the Liberals would lead with a majority or a minority.

"There could be a minority situation... We have campaigned so hard on the basis of the idea that Nova Scotia needs major investment in the lives of our people, so a government that is prepared to move forward with such investments will find in us a diligent and strong ally," Burrill said in his speech.

"The government that fails to move forward with such investments will find that it has to contend in a serious way with our opposition."

Among the NDP's victories on Tuesday night was Susan Leblanc, who was elected in the riding of Dartmouth North, taking down Liberal cabinet minister Joanne Bernard.

Leblanc was greeted with huge cheers when she walked into the room to introduce Burrill before his speech. She was greeted by many well-wishers, including one woman who told Leblanc that as a woman, she was grateful to her for running.

"I feel very excited and very humbled and very grateful to the people in Dartmouth North," Leblanc said in an interview.



Nova Scotia NDP leader Gary Burrill, celebrates with supporters after winning his seat following the Nova Scotia provincial election in Halifax on Tuesday. THE CANADIAN PRESS

RESULTS

PCs make inroads in HRM



Haley Ryan
Metro | Halifax

The Progressive Conservatives made new inroads into HRM Tuesday night by picking up a handful of seats in an area they've been mostly blocked out of in recent elections.

Former high school teacher Tim Halman won the open seat of Dartmouth East, which had been held by Independent MLA Andrew Younger who decided not to run.

Halman, who won by a few hundred votes over Liberal candidate Edgar Burns, was campaigning less than two months after losing his wife Ginette to cancer.

"I had a responsibility as a dad to show my kids no matter what in life you've got to keep pushing through," he said from his victory celebration. "Part of the deal with grief is you've got to keep yourself occupied."

Another big victory for the Tories came from former HRM councillor Brad Johns, who ousted incumbent Stephen Gough by about 550 votes.



You've got to keep pushing through.

Tim Halman

+ HISTORY

Before being ousted in the 2013 election, Gary Burrill had represented the NDP in the riding of Colchester-Musquodoboit Valley.



JOIN US FOR GREEK FOOD, MUSIC, DANCE & MORE...

JUNE 8-11



**HALIFAX
GREEK FEST**

GREEKFEST.ORG

Winners and losers for all 51 ridings

THE CANADIAN PRESS

These are the results as of press time.

Liberal

- Stephen McNeil, Premier, party leader, elected in Annapolis.
- Randy Delorey, finance minister, elected in Antigonish.
- Kelly Regan, labour and advanced education minister, elected in Bedford.
- Michel P. Samson, energy minister, trailing in Cape Breton-Richmond; behind Alana Paon (PC).
- Gordon Wilson, MLA, elected in Clare-Digby.
- Karen Casey, education minister, elected in Colchester North.
- Joyce Treen, MLA, trailing in Cole Harbour-Eastern Passage; behind Barbara Adams (PC).
- Tony Ince, communities, culture and heritage minister, leading in Cole Harbour-Portland Valley.
- Terry Farrell, MLA, defeated in Cumberland North by Elizabeth Smith-McCrossin (PC).
- Joanne Bernard, community services minister, defeated in Dartmouth North by Susan Leblanc (NDP).

- Keith Colwell, fisheries and aquaculture minister, elected in Preston-Dartmouth; defeated Irvine Carvery (PC), former chairman Halifax school board.
- Lloyd Hines, natural resources minister, leading in Guysborough-Eastern Shore-Tracadie.
- Kevin Murphy, house speaker, elected in Eastern Shore.
- Geoff MacLellan, transportation and infrastructure renewal minister, leading in Glace Bay.
- Lena Diab, immigration minister, elected in Halifax Armdale; defeated David Wheeler (NDP), former president of Cape Breton University.
- Brendan Maguire, MLA, elected in Halifax Atlantic.
- Joachim Stroink, MLA, defeated in Halifax Chebucto by Gary Burrill (NDP), party leader.
- Labi Kousoulis, public service commission minister, elected in Halifax Citadel-Sable Island; defeated Rob Batherson (PC), former party president, co-owner of Colours PR.
- Ben Jessome, MLA, elected in Hammonds Plains-Lucasville; defeated Matt Whitman (PC), former Halifax councillor and deputy mayor

- Margaret Miller, environment minister, elected in Hants East.
- Chuck Porter, MLA, elected in Hants West.
- Keith Irving, MLA, elected in Kings South.
- Leo Glavine, health minister, elected in Kings West.
- Suzanne Lohnes-Croft, MLA, elected in Lunenburg.
- Mark Furey, business minister, elected in Lunenburg West.
- Stephen Gough, MLA, defeated in Sackville-Beaver Bank by Brad (BJ) Johns (PC).
- Derek Mombourquette, MLA, leading in Sydney-Whitney Pier.
- Iain Rankin, MLA, elected in Timberlea-Prospect.
- Pam Eyking, MLA, defeated in Victoria-The Lakes by Keith Bain (PC), former MLA.
- Bill Horne, MLA, trailing in Waverley-Fall River-Beaver Bank; behind Dan McNaughton (PC).
- Zach Churchill, municipal affairs minister, elected in Yarmouth.
- Chris d'Entremont, MLA,

Progressive Conservative



X marks the spot of a polling station as a pedestrian walks past in Halifax on Nova Scotia's provincial election day on Tuesday. THE CANADIAN PRESS

- former cabinet minister, elected in Argyle-Barrington.
- Larry Harrison, MLA, elected in Colchester-Musquodoboit Valley.
- Jamie Baillie, MLA, party leader, elected in Cumberland South.
- Irvine Carvery, former chairman Halifax school board, defeated in Preston-Dartmouth by Keith Colwell (LIB), fisheries and aquaculture minister.
- John Wesley Chisholm, local film producer, defeated in Halifax Chebucto by Gary Burrill (NDP), party leader.
- Rob Batherson, former party president, co-owner of Colour PR, defeated in Halifax Citadel-Sable Island by Labi Kousoulis (LIB), public service commission minister.
- Matt Whitman, former Halifax councillor and deputy mayor, defeated in Ham-

- monds Plains-Lucasville by Ben Jessome (LIB), MLA.
- Allan MacMaster, MLA, elected in Inverness.
- John Lohr, MLA, elected in Kings North.
- Eddie Orrell, MLA, elected in Northside-Westmount.
- Pat Dunn, MLA, elected in Pictou Centre.
- Tim Houston, MLA, elected in Pictou East.
- Karla MacFarlane, MLA, elected in Pictou West.
- Alfie MacLeod, MLA, elected in Sydney River-Mira-Louisbourg.
- Keith Bain, former MLA, elected in Victoria-The Lakes; defeated Pam Eyking (LIB), MLA.

New Democratic Party

- Denise Peterson-Rafuse,

- MLA, former cabinet minister, leading in Chester-St. Margaret's.
- David Wheeler, former president of Cape Breton University, defeated in Halifax Armdale by Lena Diab (LIB), immigration minister.
- Gary Burrill, party leader, elected in Halifax Chebucto; defeated John Wesley Chisholm (PC), local film producer; defeated Joachim Stroink (LIB), MLA.
- Lisa Roberts, MLA, elected in Halifax Needham.
- Dave Wilson, MLA, former cabinet minister, elected in Sackville-Cobequid.
- Lenore Zann, MLA, elected in Truro-Bible Hill-Millbrook-Salmon River.

Green Party

- Thomas Trappenberg, party leader, defeated in Clayton Park West by Rafah DiCostanzo (LIB).



A new career. A better life.

"I want my life to mean something."

Train to become a Medical Office Administrator in just 13 months.

Medical Office Administration.

Apply Now to Start this Fall!

Call or Click Today

902-463-6700 **maritimebusinesscollege.com**



GRAND OPENING

JUNE 2 • 11AM to 3PM

Baker Drive Health & Wellness Centre • 133 Baker Dr., Dartmouth

Special Guest: Pamela LeJean, Paralympian

Join us for: Fun, Food and lots of Prizes & Giveaways!

Learn about: Our fitness services & programs designed for those recovering from illness or injury.

MacDonald & Woods
Personal Training Rehab Clinic

902.334.1720
taramacdonaldfitclub.com

Racist graffiti called 'very disturbing'

NORTH PRESTON

Police probing hate symbols, slurs found on election signs

Police are investigating racist graffiti found scrawled on election signs in a suburban Halifax riding.

Vandals appear to have spray-

painted hate symbols and racist slurs on all three major-party signs in the Preston-Dartmouth riding as Nova Scotians headed to the polls on election day.

The Liberal sign had the number 1488 written across it in black paint, referencing an expression used by white supremacists, while the Progressive Conservative placard had a swastika and the Nazi salute Sieg Heil. The NDP sign was defaced with a drawing of

a monkey.

All three parties have reportedly removed their signs.

Police are investigating the vandalism, which occurred in the community of North Preston.

Two of the three candidates in the riding are African-Nova Scotian, while the area of North Preston is one of Canada's oldest and largest Indigenous black communities.

NDP Leader Gary Burrill said

on Twitter he was "disgusted to hear about signs being defaced."

The campaign manager for Liberal incumbent candidate Keith Colwell called the incident very unfortunate and said the sign was quickly taken down.

David Hendsbee, who represents the area on Halifax Regional Council, called the act of vandalism "very disturbing."

THE CANADIAN PRESS



Election signs vandalized with racist graffiti.

TWITTER/QUENTREL PROVO

TOUR

WWE returning to city this summer



Zane Woodford
Metro | Halifax

Here comes the pain, Halifax. WWE is bringing its Live Summerslam Heatwave Tour to Halifax on Friday, Aug. 4, with tickets starting at \$15.

WWE stars Roman Reigns, Seth Rollins, Intercontinental Champion Dean Ambrose, Bray Wyatt, RAW Women's Champion Alexa Bliss, Finn Balor, The Miz, Bayley, Samoa Joe, Cesaro, Sheamus, Sasha Banks, Enzo Amore & Big Cass, WWE Cruiserweight Champion Neville and more are expected for the event at the Halifax Forum.

VIP packages are available as well, ranging from \$299 for a merch package to \$499 for a meet and greet package.

Tickets go on sale Friday, June 2 at 10 a.m. at the Forum box office, online at etixnow.com and by telephone at 1-877-ETIX-NOW.



WWE's Roman Reigns. JAE S. LEE/THE DALLAS MORNING NEWS VIA THE ASSOCIATED PRESS

\$499

Price for a VIP meet and greet package.

Halifax DIGEST

Separate house fires displace several people

The Canadian Red Cross says six adults were forced out of their apartment building in downtown Sydney, late Monday, after a fire broke out in one unit and sent smoke throughout several apartments.

Also in Nova Scotia, a family of five was displaced by a fire that damaged their bungalow in Murray Siding, near Truro.

The couple and three children, aged 11 to 17, were not home at the time of the fire, which was reported by a passing driver.

In New Brunswick, a man was being treated for smoke inhalation after a fire at a home in Riverview on Monday.

THE CANADIAN PRESS

Come From Away lands eight Dora nominations

Canadian smash Come From Away has scored hometown recognition with eight Dora Mavor Moore Award nominations, including one for best new musical/opera.

The 9/11-inspired musical played to audiences in Toronto last fall ahead of its current Tony-nominated run on Broadway.

The Mirvish production of Come From Away also earned nods for best production, direction, lighting design, musical direction, and was recognized in acting categories with nominations for Jenn Colella, Chad Kimball and Astrid van Wieran.

THE CANADIAN PRESS



When you're working,
we're working.

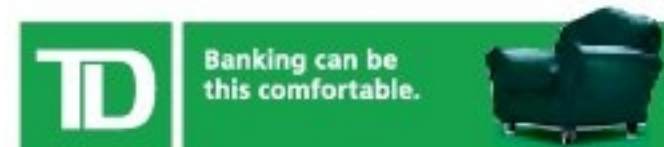
Business support all day, every day.



The Official Partner of Big Dreams

TD Merchant Solutions makes doing business easier by providing advice and 24/7 dedicated support. Process transactions smoothly so you can spend more time focusing on your business. Let TD Merchant Solutions work for you.

Visit tdmerchantsolutions.com/mh
or call 1-844-602-6931 to learn more



Banking can be
this comfortable.

©The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

'Don't sweep it under the carpet'



An emotional Frances Neumann talks about her sister-in-law Mary Smith John at the National Inquiry into Missing and Murdered Indigenous Women and Girls in Whitehorse. THE CANADIAN PRESS

MMIW

Family urges commissioners not to ignore results of inquiry

Frances Neumann searched tirelessly for her missing sister-in-law in Vancouver's Downtown Eastside, only to learn from a newspaper article she had been dead for years.

Neumann, the first family member to speak publicly at the National Inquiry into Missing and Murdered Indigenous Women and Girls, urged the commissioners not to let Mary Smith John's death be in vain.

Smith John fled Yukon as a young woman after enduring the loss of an infant son and was found dead of an alcohol overdose in 1982. Neumann said Smith John had been in the company of Gilbert Paul Jordan, known as the "Boozing Barber," who is believed to have plied multiple women with a lethal dose of liquor.

"We let them down. We did not protect them because they were weak," Neumann said Tuesday, wiping away tears.

Jordan was convicted of manslaughter in the death of a non-Indigenous woman in 1988. But he was linked to several aboriginal women's deaths before then, reported APTN in a segment that was played at the hearing. He died in 2006.

"Please, please see this through. We have come up and waited for many years to see the results. Don't sweep it under the carpet."

Neumann's testimony marked an emotional start to the first family hearings.

The commissioners have faced criticism about poor communications and delays.

Chief Commissioner Marion Buller began Tuesday's hearing with an opening statement. She said Canada needs to hear the truth about the violence endured by generations of Indigenous women and girls in order to have a better understanding of systemic violence, to find solutions and heal.

"Today is a turning point in our national history," she said.

More than 40 people are expected to share their stories this week.

"We will hear about mothers, grandmothers, sisters and

“

We let them down. We did not protect them because they were weak.

Frances Neumann

aunties, nieces, cousins and dear friends. They are and were real people who loved and were loved, who dreamed and hoped, who laughed and cried," said Buller.

Other community meetings have been delayed until the fall, but Buller said the hearings are going ahead in Whitehorse because of the willingness of people in the city to participate.

Families have the option of testifying privately to a statement-taker or speaking publicly inside a white tent, where the interior walls are decorated with brightly coloured blankets created by volunteers and chairs are set up in a circle.

Buller said the setting was designed to provide comfort and safety to families and survivors. THE CANADIAN PRESS

NEW BUSINESS DEVELOPMENT – ACCOUNT MANAGER PROFESSIONALS

Looking for your next career challenge? Want to work in an environment where you can "become the best version of yourself"? Is working with energetic, passionate people right up your alley? If so, Metro News is the place to be!

Our Metro Halifax team is proactively looking to connect with seasoned, and highly motivated sales professional who strive to "win" every day. Are you passionate about utilizing creative strategies to customize a broad range of advertising options, across multiple platforms (print and online)?

As a member of our HIGH PERFORMANCE sales team you will:

- Actively prospect and generate new advertising revenue, both in print and online
- Achieve and exceed allocated sales targets
- Support various Special Feature and Custom Publishing opportunities
- Assist clients with building their brand and/or generating awareness about their products, events and/or services
- Build and maintain strong relationships with new clients
- Respond to client queries and follow-up on all client calls and emails
- Develop and present persuasive presentations
- Log daily sales activity into CRM

Why You Will Be Successful:

- 2+ years of demonstrated success in a similar role
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Digital Advertising experience an asset but not a requirement

Why You Will Love Working Here:

- The opportunity to be part of a company at the cutting edge of the digital media industry; you'll never get bored in our fast-paced, constantly evolving and challenging environment
- We recognize that you have a life outside of work and we offer you real work/life balance
- We've got your health in mind; you'll get a comprehensive benefits package (Extended Health Care, Dental, etc.) including a minimum of 3 weeks' vacation

...And let's not forget the AWESOME PEOPLE!

Interested individuals who want to be part of a winning culture are encouraged to express their interest by visiting our online careers page at <https://careers-starmediatgroup.icims.com>.

We wish to thank everyone interested in joining the Metro team — All submissions will be treated as private & confidential

metro

ELECTION

Day of drama in B.C. government

British Columbia would hold a referendum next year on proportional representation as part of an agreement that would see the NDP form a minority government with the support of the Green party.

The two parties have also agreed to ban corporate and

union donations to political parties, as well as contributions from non-residents of B.C.

Meanwhile, Premier Christy Clark said she is not ready to walk away from office before recalling the legislature to see if she can get support to continue governing. THE CANADIAN PRESS

+ PIPELINE

Prime Minister Justin Trudeau is standing by the Kinder Morgan project, even as the NDP and Greens in B.C. team up to fight it.

Cambridge English

CELTA

Certificate in Teaching English to Speakers of Other Languages

SAINT MARY'S UNIVERSITY

Halifax, Nova Scotia, Canada • www.smu.ca

Your passport to global teaching opportunities

Next Course:
May 23 - June 16

4-week FT course 2017: May 23 • Jul 10 • Nov 13

The Language Centre, SMU • CELTA@smu.ca

cambridgeenglish.org/celta

Top stars to perform at Manchester concert

BRITAIN

Benefit will take place two weeks after bombing

A week after a bombing at her Manchester Arena concert killed 22 people, singer Ariana Grande said she and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in the city on Sunday night.

The singer announced Tuesday that the "One Love Manchester" show will be held at the city's Old Trafford cricket ground.

"We will not quit or operate in fear. We won't let this divide us. We won't let hate win," Grande said in a statement. "Our response to this violence must be to come closer together, to help each other,



Ariana Grande and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in Manchester on Sunday night. THE ASSOCIATED PRESS

to love more, to sing louder and to live more kindly and generously than we did before."

Meanwhile, Greater Manchester Police briefly asked the public to stay out of a neighbourhood in the nearby town of Wigan on Tuesday as a bomb disposal unit searched for explosives — part of the investigation into the attack that hit Grande's concert.

Officials trying to unmask the network behind Salman Abedi searched a property in Wigan, 20 miles northwest of Manchester, and placed a security cordon around the neighbourhood for several hours.

But London's Metropolitan Police said Tuesday that military support for the counter-terrorism operations is gradually being reduced now that the official threat level has been lowered from "critical" to "severe."

Officials also said extra police staffing that had been added to protect public gatherings over the holiday weekend would be reduced.

The railway station next to Manchester Arena, which had been shut since the blast, reopened Tuesday, easing transport woes for residents.

The return to a level of normalcy followed days of emotional tributes to the Manchester attack victims. Hundreds stood in quiet contemplation at St. Ann's Square, where a sea of cards, flowers and balloons has grown into an impromptu memorial site for those killed and injured in the blast.

THE ASSOCIATED PRESS

SRI LANKA

Tens of thousands still marooned by floods

Tens of thousands of people marooned by severe flooding and mudslides in Sri Lanka remained in relief camps Tuesday, as aid teams bolstered by Indian navy divers and doctors pushed forward with rescue efforts.

At least 194 people have been killed and nearly 100 are missing following the rains that began swamping the southern and western areas of the Indian Ocean island nation last Friday.

The weather has begun to clear, and many of the more

than 100,000 people who evacuated over the weekend had returned home to begin clearing debris and mud from their waterlogged homes. More than 80,000 others remained in relief camps because their homes were either destroyed or remain unreachable.

Water levels were slowly starting to recede on Tuesday, but normal road traffic was still not possible, said Predeep Kodipili of the Disaster Management Center.

THE ASSOCIATED PRESS

Griffin: 'I went too far' with severed-Trump-head photo

Kathy Griffin said she knew her new photo shoot with Tyler Shields would "make noise."

Griffin appears in a photo posted online Tuesday holding what looks like President Donald Trump's bloody, severed head. Many on Twitter called for the comedian to be jailed.

Following the online backlash, Griffin posted a video apologizing for the photo, adding she would "take it down" and ask the photographer to do the same.



Kathy Griffin apologized online Tuesday evening. SCREENGRAB

"I went too far, I made a mistake, I was wrong," Griffin says in the video. THE ASSOCIATED PRESS

TwentyDegrees Ltd
Locally Owned & Established for Over 35 Years!
www.twentydegrees.ca 902.456.5779

STAY & WARM & COOL
WITH TWENTY DEGREES
Your Certified Energy Efficient HVAC Dealer!

SAVE UP TO 50% OFF PEAK POWER RATES with ETS Steffes Systems

- Rebates for all Electrical Residential and Commercial Customers!!
- Financing Available Through NS Power
- Five Star Elite and Platinum Level Fujitsu Dealer
- 12 Years Parts And 10 Years Labour Warranty

CALL FOR YOUR FREE HOME ASSESSMENT TODAY

FUJITSU YORK STEFFES 902.456.5779

Check out our **SUPER SALE** on granite & marble vanity tops!

THE ART OF STONE

Extensive selection of Brazilian granite and European marble, Italian and Spanish porcelain / ceramic tiles, Counter tops, Flooring, Fireplace, Décor, Outdoor Landscaping & Accessories

Brazilian Granite • \$70 per sq ft
Italian and Greek Marble, Onyx \$70-\$80 per sq ft

Mon - Sat • 8am - 6pm
theartofstonehalifax.com • 902-406-7338



JESSICA ALLEN ON GIMMICK FOOD



Food has morphed from being something that sustains us to something that defines us, usually via social media.

I can't think of a situation in which I would be compelled to order a bowl of cereal at a restaurant. I still have a three-year-old box of Cheerios that's yet to need the green bin.

But despite my personal distaste, cereal cafés and bars are popping up all over the world.

The idea, borrowed perhaps from frozen yogurt chains, is simple: dispense childhood favourites and esoteric brands of cereals — Madrid's The Cereal Lovers boasts over 150 varieties — and provide toppings, like fresh fruit, dried coconut, milk and milk alternatives.

You can imagine the interiors, right? Bright, cheerful, and colourful, not unlike the image of the bowl of cereal that is begging to be shared on social media.

It's a business strategy capitalizing on impulses that, as a non-millennial, I don't have: the desire to see something on Instagram — like an artisanal ice cream sandwich or a Caesar garnished with a grilled shrimp the size of a Buick — and go out of my way to experience and document it.

In fact, when it comes to businesses exploiting the latest food trends, whether it be a sushi burrito or a smoothie bowl, I've become so contrarian that I'll go out of my way *not* to experience them.

But will everyone else, who probably likes fun more than I do, bite? Although U.S. cereal sales have dropped \$4 billion since 2000, the New York Times reported last February, "breakfast cereal is a powerful engine of nostalgia," particu-

Will everyone else, who probably likes fun more than I do, bite?



A mix-and-match bowl of toppings and cereal runs \$10 at Toronto's Silo 13, a new cereal bar. EDUARDO LIMA/METRO

larly for baby boomers.

So if you build a cereal bar, will the millennials come?

Maybe not. Forty per cent of millennials surveyed in 2015 by the global market research company Mintel admitted "cereal was an inconvenient breakfast choice because they had to clean up after eating it," the New York Times said.

But at Silo 13, a "freestyle cereal bar" that recently opened in Toronto, there are no dishes to wash, and there are gluten-free options.

For \$10, you can fill up a plastic bowl from a selection of dozens of cereals, including French, British and American imports (like Twix, which was discontinued here in 2005). They even have Post Cereal's Oreo O's, which can only be procured in South Korea.

Owner David Cai, 30, told me that he and his wife had the idea to open up Silo 13 after visiting IKEA. They saw the wall of dispensers dishing out nuts and bolts and thought it was a great model for serving something.

"We both love cereal," he said, and with a little snap, crackle, and pop, the business was born.

Silo 13 had their grand opening Victoria Day weekend. It went well, especially on the Sunday when they "got slammed."

The following Sunday, however, the place was empty, save for me (it was research) and Simon (I made him come). I filled my bowl with eight cereals, not one of which looked or sounded healthy, and chose two per cent milk to top it off. The first bite was euphoric. I was taken back to the kitchen table of my childhood. Was it the Count Chocula? Or the Fruity Pebbles? I can't be certain because every other bite tasted like wet sugar.

I don't think Silo 13 has me in mind as a regular customer. In fact, I wonder if they have regular customers in mind full stop. "We designed the place so that it's Instagrammable," Cai says. "We like to say, 'If you shoot us, tag us.'"

But what are the chances that once you have that social media post, you'll go back for a second? Cereal may have a long shelf-life, but gimmicks don't. So I'm not sure a cereal bar is a sustainable business model.

Take that artisanal ice cream sandwich, for instance. A Metro story recently revealed that despite an influx of hashtag-worthy concoctions, Canadians are actually eating less ice cream.

Food has morphed from being something that sustains us to something that defines us, usually via social media. And since I forgot to Instagram my freestyle cereal bowl, I have no idea who I am.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The lines around safe spaces aren't there to keep you out

When oppressed groups create spaces for themselves, it's not — drum roll, please — reverse discrimination. It is a response to actual discrimination by creating a place where they (we, depending on the day and event) can safely exist.

The mayor of Paris called for the Nyansapo film festival, a black feminist gathering, to be banned on the basis that it purportedly excluded white people. The organizers say that the public areas had always been intended to be open to people of all races. However, some spaces on private property would be reserved for black people of all genders.

Back in North America, the Alamo Drafthouse Cinema, a movie chain based in Austin, Texas announced it would hold five women-only screenings of Wonder Woman. The connection here to radical politics is a little more tenuous; I'm not sure that a handful of screenings for a corporate summer blockbuster is exactly women's liberation. But the sentiment, a safe space for women to experience an action film, is fine. The reaction was a large helping of the usual: men online complained about sexism.

In both of these we find a deep misunderstanding of how the world works.

Safe spaces are not particularly novel. They have a long and storied history, some of which has a Canadian connection.

Some safe spaces have been entire institutions created to serve people who

have experienced systemic discrimination. For example, historically black colleges and universities in the U.S. came about as a response to racist admissions practices at American universities.

Others are about creating a place for communities at the margins to centre themselves while still including others.

The Wonder Woman movie is, according to the New York Times, "the first big-budget movie focused on a female comic book character in more than a decade and the first such movie to be directed by a woman." A handful of showings among thousands does not amount to discriminating against men.

Similarly, the black feminist film festival seeks to give black people a space that is solely theirs within the larger event, and more importantly, within the larger majority-white and anti-black Parisian culture.

It's important when criticizing these spaces to recognize the environments they are created in. All too often, the arguments for free speech forget that speech exists within certain contexts. For women and people of colour, the bigger picture is often one of a world that has chronically excluded them.

When men and white people feel left out or discriminated against by spaces like these, they are expressing their discomfort with boundaries. The lines are drawn to keep the people inside them safe in a world that regularly threatens their peace.

metro
Your essential daily news


CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan

IF YOUR DREAM
IS ONLY ABOUT
YOU, IT'S TOO
SMALL



AVA DUNERAY



Meals with *just 4* ingredients



TORSTAR NEWS SERVICE

RECIPES

Campaign encourages people to cook more at home

There's nothing more encouraging for people trying to cook more for themselves than the words "four-ingredient recipe."

The #4ingredientchallenge fundraising campaign asks chefs and food writers to share filling recipes using just four ingredients (not including basics such as salt, pepper, water and oil) to encourage people to cook more at home, regardless of time, budget or basic kitchen skills.

Here are two of the tested recipes:

Basic Congee

Makes 4 servings.

Ingredients:

- 1 cup (250 mL) long or short grain white rice
- 4 cups (1 L) chicken or vegetable broth
- 4 cups (1 L) water
- Kosher salt and white pepper, to taste
- 2 large eggs
- 2 stalks green onion, chopped

Directions:

1. Using a strainer, rinse rice under cold running water until water almost runs clear. Transfer rice to a large pot. Add broth and water. Bring to a boil. Reduce heat to low and simmer. Half-cover pot with lid and stir occasionally

FUNDRAISER

More recipes are available at cfccanada.ca/4ingredientchallenge with a donation to Community Food Centres Canada.

for an hour and a half. Add more liquid if you prefer a thinner congee. Season with salt and pepper.

2. Meanwhile, to make soft-boiled eggs, bring a small pot of water to a boil over high heat. Gently submerge eggs into water and reduce heat to medium. Let eggs simmer for 5 to 7 minutes. Remove eggs from hot water and submerge in cold water for at

least 15 minutes before peeling. Slice eggs in half.

3. Divide congee into bowls. Garnish with green onion and sliced eggs.

Sweet Potato Rosti With Miso Salmon and Chard

Makes 4 servings.

Ingredients:

- 1/4 cup (60 mL) white miso paste
- 6 tbsp (90 mL) vegetable or canola oil
- 4 skinless, boneless salmon filets, 6 to 8 oz each
- 2 medium sweet potatoes
- 2 tsp (10 mL) kosher salt, plus more to taste
- 1 bunch swiss chard, leaves and stems separated, both chopped

- Black pepper, to taste
- Lemon wedges, for garnish (optional)

Directions:

1. Preheat oven to 400 F (200 C). Set up a top and middle rack.

2. In a small bowl, whisk miso paste with 2 tbsp (30 mL) of oil and rub all over salmon filets. Place on a lined baking sheet and set aside.

3. Peel and grate sweet potatoes. In a medium-sized bowl, toss potatoes with salt. Let sit for 5 minutes. Squeeze out and discard liquids. Toss potatoes with 2 tbsp (30 mL) oil. In a large, oven-safe skillet, spread potatoes in an even layer. Bake for 25 minutes on middle rack.

4. Fifteen minutes before potatoes are done, add sheet of salmon on to top rack of oven and bake until salmon is slightly browned but still a bit pink in the middle, about 15 minutes.

5. Meanwhile, in a large skillet over medium-high heat, add remaining 2 tbsp (30 mL) of oil. Sauté chopped chard stems until tender, about 5 minutes. Add leaves and sauté together until leaves have wilted and are tender. Season with salt and pepper to taste.

6. Remove salmon and potato from oven. Place salmon filets and swiss chard on top of potatoes in skillet. Garnish with lemon wedges.

TORSTAR NEWS SERVICE

SUMMER TREAT

A refreshing pop of mango

Inspired by lassi, the Indian yogurt drink, these refreshingly juicy mango-lassi ice pops are as fun to make as they are to eat.

Mango-Lassi Ice Pops

Makes 10 servings, depending on mould.

Ingredients:

- 1-1/2 cups (375 mL) mango purée — for 1 cup (250 mL) of mango purée, process 2 cups (340 g) of cubed mango in a blender until smooth, then strain.
- 1/2 cup (105 g) sugar
- 1/2 cup (125 mL) plain Greek yogurt
- 1/2 cup (65 g) crushed unsalted pistachios

Directions:

1. In a bowl, whisk together



These fruit purée frozen snacks are just too good not to share.

COURTESY RICARDO LARRIVÉE

purée and sugar until sugar has dissolved. Stir in yogurt.

2. Sprinkle half of the pistachios into ice-pop moulds and pour mango mixture over top, leaving 1/2 inch (1 cm) of space at top of each mould.

Top with remaining pistachios and insert ice-pop sticks.

3. Freeze for six hours or until firm. For easy unmoulding, place under hot running water.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Naturally made cheese vs. processed cheese product

When it comes to cheese, stick to the real stuff.

PICK THIS

Balderson Royal Canadian Cheddar Cheese

Per serving (1 portion — 21 g)

Calories 90

Fat 8 g

Saturated fat 5 g

Sodium 140 mg

Protein 5 g



SKIP THIS

The Laughing Cow

Per serving (2 portions — 33 g)

Calories 70

Fat 6 g

Saturated fat 3.5 g

Sodium 310 mg

Protein 3 g



HERE'S WHY

Equivalent in sodium to 2 slices of Panago's Quattro Fromaggio Pizza (multigrain, thin crust)

Cheese is a healthy snack when eaten in moderation. It is an excellent source of protein and calcium. However, not all cheese products contain the same ingredients. The Laughing Cow may be lower in calories and fat, but it is a processed cheese product, and contains preservatives. The Balderson cheddar is an aged, naturally made cheese, which also contains less sodium. Remember, the ingredient list is just as important to read as the nutritional information.





SPONSORED CONTENT

HEARTHSTONE HOSPITALITY

New brand of family hotels captures Victorian style

WE STARTED THINKING THAT IF WE'RE GOING TO BE A BRAND OF OUR OWN WE HAVE TO BE SOMETHING DISTINCT FROM EVERYBODY ELSE, SO WE TOOK AIM AT THE BOUTIQUE MARKET...

— Mike Melenchuk



Four-poster king-sized bed, third floor library. CONTRIBUTED



Mike Melenchuk, owner of Hearthstone Hospitality, felt restricted with the Quality Inn brand for his hotels in Sydney and Dartmouth. When the branding contract was up in Sydney three years ago and Dartmouth a year later, he threw out the old and started a new family of hotels called Hearthstone Inn. The changes went far beyond the name.

"At that point we started thinking that if we're going to be a brand of our own we have to be something distinct from everybody else, so we took aim at the boutique market with guidance and assistance from a local designer," he said.

Melenchuk and his team visited boutique hotels across Ontario and the U.S. for inspiration and they created a trio of hotels with a whole other level of quality and service.

The Hearthstone Inn bordering Graham's Grove on Lake Banook is completely redone. The pet friendly intimate hotel boasts 54 rooms including four poster suites. They plan to introduce theme rooms, with one being a tribute to the Mi'kmaq people. This will be a room that holds extra special meaning to Hearthstone since years ago the hotel was named the Mic Mac Hotel.

"We also started a different kind of breakfast. Our breakfast is all cooked in house, even our biscuits. We have four hot dishes and everything is served in glassware and on china plates," Melenchuk said.

They are also building a butler's pantry as part of the dining room, which will give it an added Victorian touch, he added. "It will either be a coffee station or the hot station where people can go to get part of their breakfast," Melenchuk said.

The staff are dedicated to the highest level of service for every guest and it shows in the customer reviews in Trip Advisor. "We decided to stay at the Hearthstone Inn in Dartmouth and we were very glad we did," said one guest. "When we went into the Hearthstone we were so impressed with how nicely decorated it was inside from beautiful antiques, glass chandeliers... it resembled more like a boutique-style hotel than a typical chain hotel."

Another guest said they loved the creative décor, unique pictures and antiques. "The staff were friendly and helpful, and because it was Mothers' Day they were giving a little gift as well as a parting gift," said a reviewer. "These little things made our stay a little bit more memorable. The food in the pub was reasonably priced and delicious."

The Dartmouth location also has great event/conference space for social gatherings for business events. Reilly's Lounge is also a great spot to unwind. For more information, visit hearthstonehospitality.ca or call 1-800-422-8025.

7 Seven Signs
LIMITED
(902) 539-7778

**Proud to be #2
because our
customers are #1**

YUILLE
Auto Works



311 Prince Albert Rd, Dartmouth
902-463-5508
yuilleautoworks.com
Mon-Fri 7:30am-6pm • Sat 8am-6pm



SPONSORED CONTENT

HEARTHSTONE HOSPITALITY

A PIECE OF HISTORY IN EACH ROOM

Sydney's Hearthstone Inn offers guests a peaceful night's sleep in comfortable, freshly renovated rooms.

The carpet is gone and has been replaced with new flooring, vanities and a fresh new look. All the rooms are furnished with sleep-inducing mattresses, triple sheets, free Wi-Fi, micro-waves and fridges, hair dryers, irons and ironing boards.

It's a smoke-free environment and complimentary morning newspapers will be waiting for you in the lobby when you come down for your free, hot breakfast.

With the rooms all beautifully done, Hearthstone Hospitality owner Mike Melenchuk said they are now focusing on upgrading the lobby and front of the building.

"We've extended the size of the lobby and we've opened it up with large windows and cedar framing at the front of the building," he said. "Creating a Victorian look in the lobby is



Fortress of Louisbourg theme room. CONTRIBUTED

where we are now."

The five theme rooms are a popular choice among guests, and no wonder: they were deeply researched and thoughtfully designed to highlight local culture and history. The theme rooms include the Fortress of Louisbourg room, Alexander Graham Bell room, Miner's Museum room, Celtic Room and the Cabot Trail Room. The rooms feature décor and memorabilia, so guests can live the experience before and after visiting the attractions.

The Hearthstone contacted Success College to lead the design project. Hearthstone then arranged a partnership with Parks Canada for the Fortress Louisbourg room, Alexander Graham

Bell room and Cabot Trail rooms.

They also consulted with the Miners Museum for the Miners room and added the Celtic room to represent the culture on the Island. "I mean, how do you present a mine in a bedroom?" laughed Melenchuk.

Success College students were excited to get such an amazing opportunity. They not only learned about each attraction, they also received a private tour in order to assist them with their design concepts. "We get great response from guests, locals and tourists on the theme rooms," Melenchuk said. "We have a lot of business guests and they come in and say can you get me into a theme room?"

A dining area with country feel

Hearthstone Inn in Port Hawkesbury features beautiful new rooms, but the restaurant tends to steal the show.

The Country Kitchen opened in 1955 and still today everything is cooked from scratch, said owner Mike Melenchuk. "We don't buy pre-prepared food at all and we even have an original tea biscuit recipe from England," he said. It's Cape Breton home-cooked meals all the way.

All the rooms in the hotel have been renovated and next they will start looking at further design for the property. "It's going to be more of an Country Inn. We're doing a post-and-beam entrance to the building which will give it that country inn flavour," said Melenchuk.

The Country Kitchen is also getting an upgrade this year. Melenchuk said they will be renovating the dining room to give it even more of a country feel.



Country kitchen. CONTRIBUTED



Call Us Now!
902-481-0700

For all your insurance needs

- | | |
|-------------------|---|
| Personal | • Boat • Car • Condo • Home • Tennant
• Liability • Umbrella |
| Life/Group | • Critical Illness • Employment Health
• Mortgage Insurance • Term Insurance
• Permanent Life Insurance |
| Commercial | • Auto • Bonding • Crane • Cyber Insurance
• Demolition • Directors & Officers Liability
• Marine • Property & More |

113 Ilsley Ave., Unit P, Dartmouth
902.481.0700 • toll-free 888.295.7474
24/7 service for quotes • otcinsurance.ca



Newly Renovated Quaint Hotels. With a warm Maritime Welcome.

Hearthstone Dartmouth is a boutique hotel in the City. Stay in a unique theme room in Sydney. Enjoy the fabulous Cape Breton cuisine in Port Hawkesbury at the Country Kitchen Restaurant!

ALL THE COMFORTS OF HOME AND MORE..
FREE HOT breakfast (Sydney & Dartmouth) • Free Wifi • Free parking
• Free Local Newspaper • Microwave & fridge in room
• Indoor pool (Sydney & Port Hawkesbury)
• Hearthstone Cash Rewards

1-800-422-8025 • hearthstonehospitality.ca





CHECKLIST | 2018 SUBARU WRX

THE BASICS

Engine: 2.0-litre turbo boxer four-cylinder
Output: 268 horsepower, 255 pound-feet of torque
Transmission: Six-speed manual/CVT
Fuel Economy (L/100 km): 11.3 city, 8.5 highway, 10.0 combined (6MT)/12.5 city, 9.6 hwy, 11.2 combined (CVT)
Price: Starting at \$29,995

LOVE IT

- Great powertrain
- Excellent price
- New options, features
- Quieter

LEAVE IT

- Waiting for new platform
- Hard to hear exhaust
- Forgettable style

Latest WRX is excitement in motion

REVIEW

Subaru is refining the sport compact



Sami Haj-Assaad
AutoGuide.com

I'm driving along Kaslo Bay in southwest British Columbia when it hits me. A smile. It's infectious and followed by giggles and wide-eyed excitement. It's a result of this route, this scenery and a car that feels right at home navigating roads that swing side to side like a pendulum. Despite all the new sport compact cars on the scene, it's the WRX they have to beat.

The 2018 Subaru WRX may not seem very new. It still has the same turbo 2.0-litre boxer



ALL PHOTOS HANDOUT



engine. It's still only available as a sedan. It's still pretty light at around 1,500 kilograms. It still has a slow infotainment

system and no Apple CarPlay or Android Auto support. The interior also won't give you the impression you're in something higher end.

That list of complaints is quickly forgotten once you take the WRX on the road — and

glance at the \$29,995 asking price. But let's get to what's changed. The front bumper has been revised and the car gets an option for full LED headlights.

Cars equipped with the CVT transmission can get Subaru's EyeSight suite of safety and driv-

er assistance features. These vehicles also can be equipped with an automatic rear braking system.

In terms of performance upgrades, the changes to suspension and steering feel are subtle. The manual transmission and steering have been tweaked as well to be smoother. Additionally, Subaru has revised the mount points for roof racks. The automaker is also offering new performance goodies in the RS Package. There's also a moonroof delete option.

The interior gets new gauges and there are more soft-touch materials in the cabin. The rear armrest now has a cupholder and the front power windows have a power off delay. Finally, Subaru has reduced a significant amount of cabin noise.

The rest of the car is the same old stuff we've liked before and there are no changes here that will upset loyal fans.



HUDSON'S BAY



SANOI GENZYME

BIGSMOKEBURGER

Thank you for your unknowing support.

Every time you wear plaid, you're supporting Prostate Cancer Canada. Whether you know it or not. But this Father's Day we need more than unknowing support. Raise money by having your workplace wear plaid on June 16.

PLAID
FOR
Dad



Register your workplace at plaidfordad.ca



**DODGE
CARAVAN KIDS**

PROUD SPONSOR OF AMERICAN RUGBY FEDERATION CANADA

When customers read the fine print: 1. 3. 4. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 841. 842. 843. 844. 845. 846. 847. 848. 849. 850. 851. 852. 853. 854. 855. 856. 857. 858. 859. 860. 861. 862. 863. 864. 865. 866. 867. 868. 869. 870. 871. 872. 873. 874. 875. 876. 877. 878. 879. 880. 881. 882. 883. 884. 885. 886. 887. 888. 889. 890. 891. 892. 893. 894. 895. 896. 897. 898. 899. 900. 901. 902. 903. 904. 905. 906. 907. 908. 909. 910. 911. 912. 913. 914. 915. 916. 917. 918. 919. 920. 921. 922. 923. 924. 925. 926. 927. 928. 929. 930. 931. 932. 933. 934. 935. 936. 937. 938. 939. 940. 941. 942. 943. 944. 945. 946. 947. 948. 949. 950. 951. 952. 953. 954. 955. 956. 957. 958. 959. 960. 961. 962. 963. 964. 965. 966. 967. 968. 969. 970. 971. 972. 973. 974. 975. 976. 977. 978. 979. 980. 981. 982. 983. 984. 985. 986. 987. 988. 989. 990. 991. 992. 993. 994. 995. 996. 997. 998. 999. 1000.

**THE BIG SPRING
INVENTORY CLEAROUT
EVENT**

0% FINANCING* FOR 72 MONTHS | **\$6,500 UP TO IN TOTAL DISCOUNTS* ON SELECT JEEP MODELS**

2017 JEEP WRANGLER 2-DOOR SPORT 4X4
THE MOST CAPABLE OFF-ROAD VEHICLE IN ITS CLASS*

\$74 @ 3.49% WEEKLY FINANCING* | **OR CHOOSE 0% FINANCING* FOR 36 MONTHS**

Starting From Price for 2017 Jeep Wrangler Sahara shown: \$41,590*

2017 JEEP CHEROKEE NORTH FWD
BEST-IN-CLASS CAPABILITY*

Starting From Price for 2017 Jeep Cherokee Trailhawk shown: \$35,895*

\$75 @ 1.49% WEEKLY FINANCING* | **FOR 96 MONTHS WITH \$0 DOWN**

STEP UP & ADD THE COLD WEATHER GROUP PACKAGE FOR ONLY \$2 MORE AND GET

- Steering wheel-mounted audio controls
- Exterior mirrors with heating element
- Leather-wrapped steering wheel
- Power, heated exterior mirrors
- Windshield wiper de-icer
- All-weather floor mats
- Heated steering wheel
- Remote start system
- Front heated seats

WITH \$1,500 IN JEEP BONUS CASH* | **AND GET 0% FINANCING* FOR 72 MONTHS**

2017 JEEP GRAND CHEROKEE LAREDO
CANADA'S MOST AWARDED SUV EVER*

Starting From Price for 2017 Grand Cherokee SRT shown: \$73,090*

\$98 @ 1.49% WEEKLY FINANCING* | **FOR 96 MONTHS WITH \$1,099 DOWN**

WITH \$2,000 IN JEEP BONUS CASH*

OR CHOOSE 0% FINANCING* FOR 72 MONTHS | **OR 0% LEASING* FOR 50 MONTHS**

2017 JEEP PATRIOT SPORT 4X2
THE MOST AFFORDABLE SUV IN CANADA*

Starting From Price for 2017 Jeep Patriot shown: \$26,375*

\$38 @ 3.49% WEEKLY FINANCING* | **FOR 96 MONTHS WITH \$0 DOWN**

OR CHOOSE 0% FINANCING* FOR 36 MONTHS

THE HIGH ALTITUDE EDITION WITH \$6,500 IN TOTAL DISCOUNTS*

GET 0% FINANCING* FOR 36 MONTHS | **HIGH ALTITUDE EDITION INCLUDES:**

- Hands-free communication with Bluetooth® & SiriusXM™ satellite radio
- Leather seats with heated front seats
- 6.5-inch touchscreen navigation
- Remote start system

**INTRODUCING THE ALL-NEW
2017 JEEP COMPASS**

**NOW AVAILABLE -
STARTING FROM \$24,900**

AND GET 0% FINANCING* FOR 60 MONTHS



JEEP IS CANADA'S BEST-SELLING SUV BRAND*

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC*



chryslercanada.ca/offers



Take a look at the world's most expensive cities to park in.

GETTY IMAGES

The perfect parking spot could cost you

INDEX

Think parking is expensive, be glad you aren't in NYC



Jason Siu
AutoGuide.com

The 2017 Global Parking Index has been released, revealing the most expensive cities in the world for parking.

The report is based on Parkopedia's own dataset, which covers more than 50 million parking spaces across 6,500 cities in 75 countries. Prices in the index were calculated as the mean of corresponding parking rates for all publicly available off-street parking facilities in a city center based on Parkopedia's global dataset, and was broken down

in several categories including two-hour parking, day parking, and monthly parking.

Prices have been adjusted based on the theory of purchasing power parity (PPP), allowing for a comparison of the relative price of parking in cities and countries globally. In addition, to determine the relative cost of parking in each location, global prices were converted into USD using May 2017 currency exchange rates, as well as adjusted based on the published Big Mac index PPP January 2017 index.

The world's highest short-term (two-hour) parking rate is found in two locations in New York City, charging \$62 for two hours. On average, New York has the highest two-hour parking rates at \$32.97, while Sydney's average is \$28.45. At least half-a-dozen locations in Sydney charge as much as \$51 for two hours.

Also in the top five from Australia are Brisbane (\$21.77 aver-

\$211.05

Montreal and Calgary are the only Canadian cities to crack the top 25 most expensive places to park globally. Montreal places 18th when it comes to two-hour parking rates with an average of \$9.87 U.S.; Calgary follows with an average cost of \$9.24. Average monthly parking will run you \$211.05 in Calgary compared to a national average of \$123.50. **PARKOPEDIA GLOBAL PARKING INDEX**

age) and Melbourne (\$21.56). Boston with an average of \$20.80 round out the top five. The only cities in the top 10 not in the U.S. or Australia are London, U.K. (\$16.26) and Tokyo, Japan (\$15.16).

After purchasing power parity adjustment, however, New

York and Sydney swap places, with Sydney topping the list at an average of \$34.85, while New York is \$32.97.

For daily parking, Sydney leads the way at an average of \$46.73, while London is in second at \$45.01. Also in the top five are New York (\$41.58), Brisbane (\$36.38) and Paris (\$35.19). But after PPP adjustment, London edges out Sydney as the most expensive for daily parking with an average rate of \$57.51.

When it comes to monthly parking, New York is the most expensive at \$606.37. London is second at \$603.89, followed by Zurich (\$540), Amsterdam (\$424.73) and Sydney (\$390). After purchasing power parity adjustment, things change a bit for monthly parking. London ranks highest at \$771.67 and Hong Kong makes an appearance at \$722.43. New York falls into third at \$606.37 followed by Amsterdam (\$545.10) and Sydney (\$475).

OVER 100 ART PROJECTS
CREATED BY 12 LEADING CANADIAN ARTISTS
AND 200 ART STUDENTS
FROM 16 UNIVERSITIES
EXHIBITED IN 20 NATIONAL PARKS & HISTORIC SITES
FROM COAST TO COAST TO COAST

JUNE 10 - 25, 2017

visit www.landmarks2017.ca
art is in our nature



**LANDMARKS
REPÈRES 2017**

CREATED BY
DÉPÂR



PRESENTED BY
PROLIFERATE



Canada

A Canada 150 Signature Project
Un projet signature Canada 150

cafiad
CANADIAN ASSOCIATION
OF THE ARTS DEPARTMENT



Bell Media

VIVA+ Canada

OXFORD
UNIVERSITY PRESS

TORONTO STAR
thestar.com

metro

NISSAN FACTORY APPROVED DAYS



SENTRA® SV



SR model shown*

LEASE* FROM \$211 MONTHLY WITH \$995 DOWN
THAT'S LIKE PAYING ONLY

\$49 FOR **39**
WEEKLY MONTHS

✓ FACTORY APPROVED FEATURES:





-  AIR CONDITIONING
-  KEYLESS ENTRY
-  XTRONIC® TRANSMISSION
-  HEATED FRONT SEATS

ROGUE® S

LEASE* FROM \$254 MONTHLY WITH \$1,995 DOWN
THAT'S LIKE PAYING ONLY

\$59 FOR **39**
WEEKLY MONTHS

✓ FACTORY APPROVED FEATURES:

-  HEATED FRONT SEATS
-  REARVIEW MONITOR
-  LED DAYTIME RUNNING LIGHTS
AND TAILLIGHTS
-  XTRONIC® TRANSMISSION



SL model shown*

VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

FACTORY APPROVED OFFERS END MAY 31ST

Offers available from May 2 – May 31, 2017. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Sentra SV CVT at 0%/0% lease APR for 39/39 months equals monthly payments of \$254/\$211 with \$1,995/\$995 down payment, and \$0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$11,899/\$9,227. Lease Cash of \$500/\$1,800 is included in the advertised offer. *Models shown \$37,893/\$27,898 selling price for a new 2017 Rogue SL Platinum (PL00)/2017 Sentra SR Turbo CVT Premium (RL00). All Pricing includes Freight and PDE charges (\$1,795/\$1,600) air-conditioning levy (\$100), applicable fees, manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your participating Nissan retailer for complete details. Certain conditions apply. ©2017 Nissan Canada Inc.

TOP 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Canadian brains

TECHNOLOGY

Canada's biggest contributions to health and science

Rhonda Riche

Canada's history is full of innovation. From advances in medicine to communication technology, our nation's gifts to science and tech have made the world a better place.

1 John Polanyi
The Nobel-winning scientist was honoured for his work on the dynamics of elementary chemistry, but the University of Toronto professor has also published more than 100 articles on policy, the impact of science on society and armament control.



2 Banting and Best
On the night of October 31, 1920, a young surgeon in London, Ont., (Sir Frederick Banting) wrote down a new idea for diabetes and its relationship with the pancreas. He was encouraged to take his research to the University of Toronto, where he was teamed up with a student named Charles Best. Working with other researchers, they would soon present their discovery — insulin — to the world.

3 Canadarm
Until NASA retired the Space Shuttle in 2011, the Shuttle Remote Manipulator System (a.k.a. Canadarm) was the workhorse of the program. For 30 years, the robotic arm was used to deploy, capture and repair satellites, position astronauts, maintain equipment, and move cargo.

4 Computerized Weather Forecasting

It makes sense that, as a country with so many different climates, Canada would be at the forefront of weather prediction. The mathematical models made by west Vancouver's

Roger Daley are used worldwide to anticipate environmental conditions.

5 Till and McCulloch

Biophysicist Dr. James Till and cellular biologist Dr. Ernest McCulloch of the Ontario Cancer Institute in Toronto shook the scientific world in 1961 when they discovered transplantable stem cells. This research formed the foundation of bone-marrow transplantation and set a new standard for the study of hematology.



Dr. Ernest McCulloch (left) and Dr. Jim Till.

6 Artificial Cardiac Pacemaker

In the 1940s, Dr. William Bigelow and Dr. John Callaghan of the Banting and Best Institute in Toronto were researching extreme cold and heart surgery. At the same time, engineer John Hopps was investigating using radio frequencies to restore body temperature in hypothermia victims. Together they came up with the cardiac pacemaker: a way to jumpstart the heart that has saved millions of lives.



7 BlackBerry

Between Marconi's first transatlantic wireless signal (received at Signal Hill in St. John's) and Alexander Graham Bell's telephone, Canada has been a major historical player in communications technology. But by popularizing what we'd come to know as the smartphone, BlackBerry changed the way our society operated. Not being chained to a desk or laptop computer offered freedom, but it also led to a world where people were never out of touch with their device.



The Canadian-made robotic arm, Canadarm, was used by NASA for 30 years. ALL PHOTOS TORSTAR NEWS SERVICE

EVERYTHING & THE KITCHEN SINK

Purchase your kitchen between April 22 - May 31, 2017 and we'll throw it all in*...

FREE
faucet

FREE
sink

FREE
paint

PLUS:
\$200 gift card
from LivingLIGHTING
where colour comes to light

PROGRESSIVE
Cabinets & Millwork

560 Windmill Road, Dartmouth
902-468-3087 | progressivecabinets.ca/promos



LAST DAY!
promo value
of over
\$2,000

*see online or visit us
for more details



"Sometimes you just got to go and get them and can't hesitate": Nationals star Bryce Harper on his fight with Giants reliever Hunter Strickland



Guentzel unexpected star with Pittsburgh

2017 NHL PLAYOFFS
GAME 2 LOOKAHEAD

Rookie's goal pushes Pens closer to 2nd straight Cup

Penguins winger Jake Guentzel was such an unknown commodity that his own captain hardly knew who he was before the season began.

"I heard some of the scouts and some of the people who were involved in the (prospect) camps talking about him, but didn't know a lot about him as a player," Sidney Crosby said of the 22-year-old.

Now the one-time stick-boy for Phil Kessel and little-known prospect from an unlikely hockey outpost has become an out-of-nowhere star for the Penguins. His fourth game-winning goal of the playoffs, coming Monday against Nashville in Game 1 of the Stanley Cup final, equalled an NHL rookie record and pushed the Penguins closer to a second straight crown.

A former third-round pick, Guentzel joined the Penguins in November from the American Hockey League and scored twice in his first NHL game. He finished the year behind only Auston Matthews and Patrik Laine in goals and points per game among rookies.

Guentzel played mostly with Crosby, potting 16 goals on 81 shots while adding 17 assists



Jake Guentzel scored the game winner in the Penguins' 5-3 Game 1 win over the Predators on Monday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

"The hockey sense was something you could see right away."
Sidney Crosby

in only 40 regular-season games. He's continued firing away in the playoffs, leading all players with 10 goals this spring — eight of them at even-strength. He's only the fifth rookie ever to reach double-digits in goals in a single playoff and four points shy of the NHL rookie record for points — a mark held by Dino Ciccarelli and Ville Leino, who each had 21.

Guentzel was born in Omaha, Neb., and raised in Minnesota, and it was there

that he first came into contact with Kessel as a stick-boy for the University of Minnesota Golden Gophers where his father, Mike, worked as an assistant coach.

Kessel ended up as his first NHL linemate — Evgeni Malkin was the other — and set up his first goal, but long before that Guentzel was a real question mark to even crack the league. He

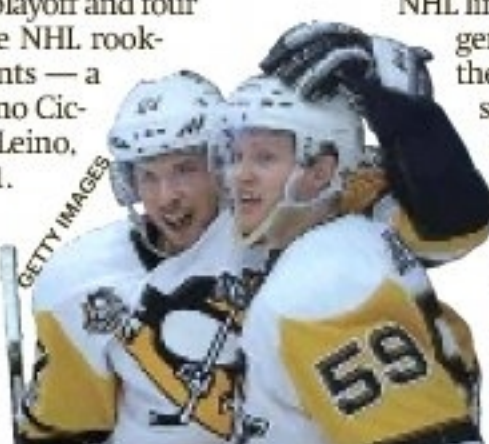
was ranked 80th among North American skaters by NHL central scouting ahead of the 2013 draft and went 77th overall to the Penguins.

The biggest knock against him was his size — he was only five foot nine and less than 160 pounds ahead of the draft.

It didn't matter in college hockey, where he ripped up the NCAA from the spot of his birthplace — the University of Nebraska-Omaha — and again in the AHL, which he proceeded to tear it up (28 goals, 62 points in 54 games) during brief stints last year and again this fall.

Those who saw him there in Wilkes-Barre weren't surprised when he stepped into the NHL and did similar things.

THE CANADIAN PRESS



GOLF

Police: No alcohol was in Woods' system

Police say Tiger Woods was asleep at the wheel but had no alcohol in his system when officers spotted his car stopped along a Florida road.

An affidavit released Tuesday said Woods was alone and wearing his seat belt when Jupiter Police officers in Florida found his Mercedes early Monday in the right lane. The car's engine was running and its lights were on.

The report says officers woke Woods, who had "extremely slow and slurred speech" and told



Tiger Woods
GETTY IMAGES

them he took several prescriptions.

According to the report, Woods asked how far he was from his Hobe Sound home.

Officers said Woods was cooperative but failed a roadside sobriety test. Breath and urine tests showed no alcohol in his system. THE ASSOCIATED PRESS

IN BRIEF

Bouchard makes second round of French Open

Canada's Eugenie Bouchard is through to the second round of the French Open after posting a comeback 2-6, 6-3, 6-2 over Japan's Risa Ozaki on Tuesday.

Bouchard, a semifinalist at Roland Garros in 2014, came back form a disastrous first set by dominating the next two. THE CANADIAN PRESS

Can tosser pleads guilty

A man who tossed a beer can onto the field during a dramatic Blue Jays playoff game last fall has pleaded guilty to mischief in connection with the incident.

In an agreed statement of facts presented in court on Tuesday, Ken Pagan admitted tossing a can of beer on the field as a Baltimore Orioles player was about to catch a fly ball during the seventh inning of the pivotal wild card game in Toronto. THE CANADIAN PRESS

Canada moves up in cricket

Canada is moving up the cricket ladder after finishing runner-up at the ICC World Cricket League Division 3 tournament. The Canadians join tournament winner Oman in securing promotion to Division 2 and continuing on the road to the 2018 ICC Cricket World Cup qualifier. THE CANADIAN PRESS

Powerlifter tests positive

Powerlifter and The Sydney, N.S., resident Thomas Jamael has been banned four years after testing positive for 11 banned substances. Jamael's urine sample was tested in-competition on Feb. 11. It revealed the presence of anabolic steroids nandrolone, testosterone, methandienone, oxandrolone, oxymetholone, clostebol, boldenone and drostanolone, plus tamoxifen and letrozole which are hormone and metabolic modulators, along with cannabis. THE CANADIAN PRESS

SERVICE DIRECTORY

To advertise contact 902-421-5824

MAY 31

BUSINESS OPPORTUNITY

BECOME SUCCESSFUL

- Home Based Business
- No Royalties
- Window Blinds & Shutters
- Servicing approx. 100 communities across Canada



blindmasters.com | 855-717-2901

EXTERIOR REPAIR

StoneCrete Canada

**Stoneware Exterior Cladding
& Concrete Substrate
Repair & Colour / Sealer
Treatment Specialist**

Paul: 902-488-5401 Rene: 902-219-1338

EXTERMINATOR



**BBB Extermination
Services**

Sleep Tight, We'll Do It Right!

Halifax 902-209-2215

Truro 902-890-2098

sleeptight@bbbexterminationservices.ca

RECRUITMENT



NOW HIRING

METCAP LIVING MANAGEMENT

Cleaners • Resident Managers
Receivers • Leasing Agents

Submit applications to:

Teddy@metcap.com

Angie.Craig@metcap.com

Fax: 902-407-8051

Reference the position you're applying for

COMMERCIAL SPACE



**Hold the keys to your new
commercial lease space today!**

HERRING COVE ROAD



5,000 Sq Ft

902-429-6227 ext. 200
katelyn.darrigan@gemhc.com



MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

SPIRITUAL



**Good News
Chapel**

Casual coffee house
atmosphere with worship,
sharing & Bible message

Wednesdays 7pm

Souls Harbour Rescue Mission
5568 Cunard Street

**COME AS YOU ARE
ALL ARE WELCOME**

APARTMENTS



22 & 40 BEDROS LANE HALIFAX | 2BR Available - \$1,210/mth

Condo-styled living overlooking Bedford Basin • Six appliances.

Ceramic and Laminate Flooring • In-Suite Laundry

Fitness Centre • Underground Parking

Close to all amenities • Walking trails

Ask for our Early Move In Incentive!

FIND MY PLACE TO LIVE!
902-402-2915 or 902-431-8028

www.metcap.com



SALTER'S GATE APARTMENTS

5150 Salter Street

"the best of downtown living"



- 1 & 2 bedroom apartments
- terraces & harbour views available
- designer finishes
- blinds on all windows
- heat & hot water included
- 6 appliances incl. in-suite laundry
- secure, interior parking available
- fitness facility

greenwoodlane.com • 902-423-2279



**OCEANBREEZE
VILLAGE**

Apartments that are spacious,
convenient & community-minded.

Open House Daily 11am-3pm
or Sat & Sun 10am-5pm | 902-430-6624
396 Princess Margaret Blvd., Dartmouth

universalgroup.ca/living/ocean-breeze-village/



Open House
This Weekend



THE ABIGAIL

Open House 10am - 6pm Daily • 56 Jacob Lane, Bedford
Call 902-402-2591 or visit universalgroup.ca

**NEWLY
RENOVATED UNITS**

1, 2 & 3 BR units

Located on Churchill Crt & Roleika Dr. Dartmouth

**Close to Schools, Buses
and All Amenities!**

1 Bedroom now \$575

2 Bedroom now \$620

2 Bedroom + Den now \$809

3 Bedroom now \$809

**Call today 902-462-3544
or 902 830-4851**

PineRentals@gmail.com

MAKE IT TONIGHT

Creamy Penne Pasta with Asparagus and Peas



PHOTO: MAYA VISNYE

Ceri Marsh & Laura Keogh
For Metro Canada

The light and creamy sauce of this pasta plays perfectly against tender, juicy spring vegetables.

Ready in 20 minutes

Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 500g penne
- 1 Tbsp olive oil
- 1 bunch of asparagus, ends snapped off and cut into thirds
- 2 cloves garlic, minced
- 1 shallot, diced
- 2 cups peas
- 1 cup crème fraîche
- 1/4 cup Parmesan cheese
- 1 Tbsp chopped chives

Directions

1. Preheat cast-iron pan over mod-

erate heat. Add a tablespoon of olive oil and asparagus and cook until fork tender, about 8 minutes. Add garlic and shallots and cook until fragrant, about 1 minute.

2. Meanwhile, cook penne according to package directions, about 12 minutes. In the last minute of cooking time, drop peas into the water. Reserve 1/2 cup of cooking water. Drain pasta and peas.

3. Add pasta and peas to skillet with asparagus and toss well. Add the crème fraîche and stir until pasta is coated. Add reserved water a tablespoon at a time to get desired consistency.

4. Sprinkle with Parmesan cheese and season with salt and pepper to taste. Sprinkle with chives and serve right away.

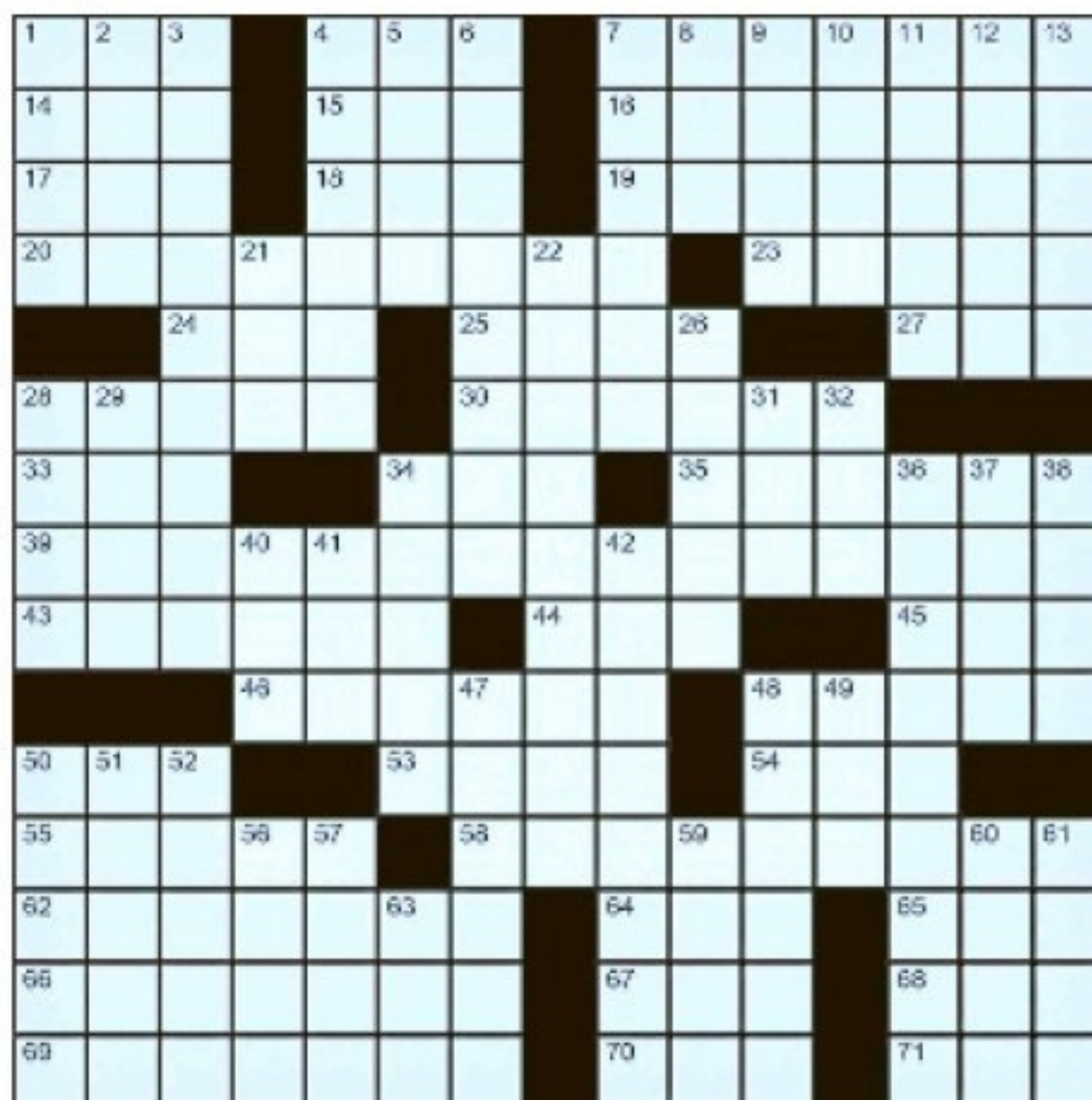
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Ballpark stat.
4. "Equal"-mean-ing prefix
7. Numerous
14. Really long time
15. Queue pre-Q
16. At the ready, as a guard: 2 wds.
17. Rap star, Tone-__
18. Protrude
19. Disney movie race car Herbie the what?: 2 wds.
20. Tall top-per, __ hat
23. Arcade game, Whac-__
24. Web
25. Hairdo
27. Inky implement
28. Charo's famous expression, when doubled
30. Light up, in verse
33. U2 song
34. Pronounce
35. Swanky neighbour-hood of Winnipeg
39. 4th Prime Minister of Canada, from 1892 to 1894: 3 wds.
43. Hosp's to-the-patient connection: 2 wds.
44. Rt. __ (Upstand-ing title, for short)
45. Scand. land
46. "Buffy the Vampire __"
48. Bluegrass music sound
50. One Time link: 2 wds.
53. Nevada casino destination
54. "Watch it!"
55. "Throw __ from the Train" (1987)
58. Sans serif



- font style
62. Acupressure
64. '___' in Ottawa
65. Mr. Mineo
66. Above-to-below wartime at-tack: 2 wds.
67. Jetta ___ (Volk-swagen model)
68. Sample

69. Ten Command-ments elev.: 2 wds.
70. "Sure."
71. Union, in down-town Toronto, e.g.

DOWN

1. Photo album posers, e.g.
2. Throw out

3. Presently per-forming with the phil-harmonic: 2 wds.
4. Canadian singer/musician/producer whose credits include being a member of "I Cry" trio Bass is Base, Chin __
5. Minestrone __

6. Eyeglasses pro-fessional
7. Cirque du __
8. Roxy Music's Brian
9. "___-vroom!"
10. Chemistry sub-stance, briefly
11. "Hey! Ba-Ba-___" by Lionel Hampton

- and His Orchestra
12. As __ (Usually)
13. Mil. rank: 2 wds.
21. Truck or bus, e.g.
22. "___ Pam" by The Beatles
26. Sofa-turned-bed
28. Thus, in Milan
29. McGill, e.g.
31. Close-mouthed
32. __ date (Food label info)
34. Cut
36. Writers like Charles Lamb
37. Up opposite
38. Blood type: let-ter + abbr.
40. __ du jour = Juice of the day
41. Angle type, briefly
42. Timepiece art
47. 20th-century violin-ist Mr. Menuhin
48. Dissertation
49. Drenched
50. "I ___" (2001), Penn/Pfeiffer picture
51. "I've got ___ that ball!" (Two-strikes-down slugger's in-ternal pep talk)
52. Mideast chief-tains
56. "___-Mac" by Great Big Sea
57. Deadlocked, __ impasse
59. Farewell, to Catullus
60. Buggy
61. Kirk __ "Super-man" (1948) star
63. "Chandelier" singer

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see new ways of making money today. You also can see new uses or applications for something you already own. (Clever you!)

Taurus April 21 - May 21
Today your speech with others will be clear and direct. You know what you want, and you're willing to go after it. You also can deduce what is going on behind the scenes.

Gemini May 22 - June 21
Today you see the subtext of things, which means nobody can fool you. You will be able to spot a phony a mile away. It's also a good day for research.

Cancer June 22 - July 23
You might join forces with a friend or a member of a group to introduce reforms and improvements some-where or somehow. Basically, you want to build a better mousetrap.

Leo July 24 - Aug. 23
Conversations with bosses and parents will be powerful, direct and productive. Basically, you want to improve things and you want their co-operation and support.

Virgo Aug. 24 - Sept. 23
Discussions about politics, religion, philosophy or racial issues will be deep and profound today. Nothing will be light and casual. Get ready.

Libra Sept. 24 - Oct. 23
You want to get to the bottom of things when it comes to inher-itances or discussions about shared property today. You don't want glib answers. You want the facts

Scorpio Oct. 24 - Nov. 22
You might attract someone power-ful today. This person might ask you penetrating questions. It's also pos-sible that the opposite will occur

Sagittarius Nov. 23 - Dec. 21
Your main motivation at work today will be to see how to make improve-ments around you. You also might want to explain the details of how something works to someone.

Capricorn Dec. 22 - Jan. 20
Today you might have an oppor-tunity to teach children something important. Meanwhile, romantic conversations will be direct, and perhaps blunt, and focus on ways to improve the relationship itself.

Aquarius Jan. 21 - Feb. 19
Family discussions are strong and powerful today. Basically, people are looking for ways to improve things, especially in their immediate surroundings.

Pisces Feb. 20 - March 20
Today you have X-ray vision, which is why you practically can read the minds of others. During discus-sions, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

DOWNLOAD METRO'S NEW APP NOW

•LOCAL NEWS • VIEWS •LIFE • SPORTS

>>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



1	4	9	2	3	8	7	6	5
2	5	3	9	7	6	8	1	4
7	8	6	5	4	1	3	9	2
6	3	5	8	9	4	1	2	7
9	7	4	1	2	5	6	3	8
8	1	2	3	6	7	5	4	9
4	6	1	7	5	9	2	8	3
3	9	7	6	8	2	4	5	1
5	2	8	4	1	3	9	7	6

Small Business Spotlight

Ryan and Ann
Youth Art Connection
NOT-FOR-PROFIT ORGANIZATION



"Youth Art Connection promotes confidence, passion, and leadership skills through creativity. With their help, the youth of Halifax have an outlet to express themselves positively within the community."

- Tina M., Account Manager,
Small Business Banking

The Official Partner of Big Dreams.

TD is proud to be the Official Partner of Big Dreams by spotlighting small businesses around Canada. Because when small business thrives, our communities thrive.

Learn more at td.com/smallbusiness

